

John Bapst student travels to India for three-week project

Jayley Handley never expected her high school career to take her to Bangor, much less India. The Fairfield resident switched high schools in 2014, learning what it's like to live in a dormitory and become more independent.

A year later, Handley spread her wings further, traveling to India with support from Zonta Club of Bangor. As a John Bapst Scholar – a Maine student who lives in on campus at John Bapst in Bangor – Handley is pursuing a senior project in global studies with an emphasis on women's rights and economic equality in India. A \$1,000 award from the Zonta Club of Bangor allowed Handley to travel to Dharamsala, India for three weeks.

Volunteering as a teacher, Handley learned about local Indian culture and about Tibetans in exile, many of whom reside in Dharamsala.

"I loved seeing India and learning about the culture, but my favorite experience on my trip was teaching and spending time with my students. I loved seeing their progress and interacting with them," said Handley.

Maine Hunger Dialogue set for Nov. 6-7 at University of Maine

The second Maine Hunger Dialogue is set for the University of Maine, Nov. 6-7. 150 students and staff from colleges throughout the state will pack 10,000 nutritious, nonperishable meals for food pantries, and people from five college campuses and high schools will report on hunger-alleviation projects they implemented after last year's Maine Hunger Dialogue.

This year, 15 student teams from campuses throughout Maine will be awarded \$500 each for hunger-alleviation projects. Dialogue participants also will be invited to apply for three summer 2015 internships — at Good Shepherd Food Bank of Maine, at the Orono Community Garden and at Partners for Hunger in York County.

The event grew out of the UMaine Extension Maine Harvest for Hunger program, which since 2000 has donated 1,788,400 pounds of surplus fruits and vegetables to people, soup kitchens, food pantries and shelters in the state.

The dialogue is part of a national movement to raise awareness of hunger on every U.S. campus of higher education. A goal is for participants to be inspired, educated and connected to resources in order to help some of the 48 million Americans estimated by Feeding America to be living in food insecure households.

According to Feeding America, Maine is one of 14 states that between 2012-2014 had a higher household food insecurity rate (16.2 percent) than the national average of 14.3 percent. Maine needs 36 million more meals each year for every household in the state to be food secure.

Alex Moore of DC Central Kitchen and state Sen. Justin Alfond of Portland will present this year.

Moore, a Bangor native, is chief development officer at DC Central Kitchen, an award-winning organization that aims to reduce hun-



John Bapst student and Fairfield native Jayley Handley spent three weeks teaching students in India. She was awarded a \$1,000 scholarship from Bangor Zonta to pursue her studies abroad.

ger with recycled food, trains unemployed adults for culinary careers and serves healthy school meals.

Alfond is the Maine Senate Democratic Leader. In summer 2015, he testified before the National Commission on Hunger.

The two-day event at the Wells Conference Center on the UMaine campus begins at 1 p.m. Friday, Nov. 6 and ends at 3:30 p.m. Saturday, Nov. 7. To register, to request disability accommodation or for more information, visit extension.umaine.edu/programs/hunger-dialogue.

'Theater of War' to return to Bangor Nov. 12

The University of Maine Humanities Center and several area sponsors will present a performance and audience discussion on the effects of war in Bangor. Outside the Wire will perform "Theater of War" at the Bangor Opera House, from 7 to 9 p.m. Thursday, Nov. 12.

"Theater of War" ipresents readings of ancient Greek plays, Sophocles' "Ajax" and "Philoctetes," as a catalyst for discussions about the challenges faced by service members, veterans, their families, caregivers and communities.

The organization uses the plays to forge a common vocabulary for openly discussing the visible and invisible wounds of war and to foster understanding and compassion while mobilizing citizens and resources to help improve the lives of those affected.

The reading will be followed by a talk with panelists from the community and an audience discussion.

The event will be directed and facilitated by Bryan Doerries, who translated the script, and produced by Phyllis Kaufman. It will feature actors Tate Donovan, seen in the Oscar-winning movie "Argo" and on "Friends," and Sally Wood, an actor, director and fight choreographer based in Portland.

To reserve tickets, email theaterofwar@penobscottheatre.org or call the box office at 942-3333. The performance is sponsored by the UMaine Humanities Center in partnership with the Maine Infantry Foundation, Maine Masonic College, Acadia Hospital and Penobscot Theatre Company.

Chekhov's "The Cherry Orchard" to be staged by UMaine School of Performing Arts

The University of Maine's School of Performing Arts will stage Anton Chekhov's classic play "The Cherry Orchard," with performances set for 7:30 p.m. Nov. 6 and 7 and Nov. 12, 13 and 14, and at 2 p.m. Nov. 8 and 15, at Hauck Auditorium on the UMaine campus. Tickets are \$10 or free with MaineCard. The play was directed by UMaine theater professor Marcia Joy Douglas.

"The Cherry Orchard" is a play about characters firmly holding on to the past, and apparently unable to take action. It is the story of a mortgage, with the house and the beautiful orchard of the proud landowners going up for public auction to pay off their debts. The son of a peasant who was a serf on the estate wants to subdivide the land and cut down the trees. Will the family be able to save the orchard? Will the social changes sweeping all of Russia sweep them up as well? This is Chekhov's last play, written in 1903, and what unfolds is a comedy-drama of timeless bittersweet beauty. The play is universally acknowledged as one of the masterpieces of world theater.

For more information on all performances in the School of Performing Arts, visit umaine.edu/spa.

A new hat can jazz up - and warm up - a chilly house

Senior Beat
Carol Higgins Taylor



I typically refuse to wear a coat until November, unless it is raining. So here we are, official coat season, and I realized my aging coat has seen better days. As I start shopping for my new warm jacket, I also realize that while I have a plethora of scarves and matching hats, a new set is a mood lifter.

I will need two new sets actually. One for outside and one for inside. That's right. Wearing a colorful, fleece hat and scarf while in the house will keep you warmer than if you don't wear them.

I have been told by a number of readers that there is no hard scientific evidence that wearing a hat prevents a large percentage of body heat from being lost though the head. Fair enough. Anecdotal, from my own personal experience, wearing a hat keeps you warmer indoors.

Remember the old night caps (not the alcoholic kind, although that will warm you up too) that were worn while sleeping. I am guessing it wasn't a fashion statement. That generation was on to something.

So naysayers take note: give the indoor hat a try. I am willing to bet you will be warmly surprised. And for seniors who struggle to keep warm, hats, scarves and fingerless gloves are all good items to have.

As we age, we become more susceptible to hypothermia because our systems have started to slow down, and are less active, making it more difficult to maintain body heat. A drop in body temperature to 95 degrees is all it takes for symptoms to begin.

This can be compounded by heart disease, lung disease and diabetes, to name a few. And some medications, such as for asthma and high blood pressure can constrict veins reducing blood flow making it harder for the body to stay warm as the temperature drops.

According to the National Institutes of Health, early signs of hypothermia in seniors include: cold feet and hands, puffy or swollen face, pale skin, maybe shivering, slower than normal speech or slurring words, acting sleepy, and being angry or confused.

Later signs of hypothermia include: moving slowly, trouble walking, or being clumsy, stiff and jerky arm or leg movements, slow heartbeat, slow, shallow breathing, blacking out or losing consciousness. Symptoms for mild hypothermia include: shivering, dizziness, hunger, nausea, faster breathing, trouble speaking, slight confusion, lack of coordination, fatigue and increased heart rate.

These symptoms can be confused with mild dementia, so sometimes the hypothermia is overlooked.

Seniors on limited incomes often keep their homes very cool to conserve fuel and reduce costs. They mistakenly assume they are not in danger of hypothermia be-

cause they are not outside. However, an elderly person can develop mild hypothermia after spending a prolonged period of time in a cold environment.

I remember my dear departed grandmother who could see her breath in the bedroom. She counted on her heavy bedspread to keep her safe. She was lucky. Others have not been so fortunate and have succumbed to hypothermia in their own homes. I have heard of seniors who stay in bed all day because their homes are so cold. And isn't this a sad state of affairs?

Another winter hazard is frostbite which can be especially problematic for the elderly. Spending time outdoors, either sweeping off the steps or walking the dog, can result in frostbite, so stay covered up as much as possible. Watch weather advisories for frostbite weather. The meteorologists are very good at keeping us informed of the dangers. Exposed areas of the face are in particular danger, as are wrists, hands and feet.

And lastly, drink more water in the winter months. If your body is working to fight dehydration, it will have less energy available to keep itself warm. Eat nourishing soups, stews, and chowders that supply essential nutrients along with fluids that will help keep you hydrated.

And trust me. Get a pretty house hat. You'll be warmer and stylish.

Carol Higgins Taylor is an advocate for seniors and owns Bryant Street Public Relations in Bangor. Email her at seniorbeat@gmail.com.

Peace and Justice Center receives grant

The Peace & Justice Center of Eastern Maine received a \$3,760 grant from the Deborah Pulliam Foundation to support a Youth Outreach Coordinator, who will work toward increasing youth participation and programs with a special focus on increasing youth participation in next year's

HOPE Festival (Helping Organize Peace Earth-wide).

"This grant will allow us to help young people become of aware of opportunities for involvement in social justice and sustainability organizations and volunteer opportunities," said Stefano Tijerina, PJCEM director.

The Peace & Justice Center has linked and supported groups and individuals working for peace, justice and sus-

tainability for 26 years. The HOPE Festival, held each April, brings together more than 60 organizations working on a diversity of concerns for a day of celebrating connections to the earth and each other.

Pulliam Grants are named after the late Deborah Pulliam, a longtime member of the Unitarian Universalist Congregation of Castine and a promoter of social justice locally and elsewhere.

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Theater of WAR Presented by Outside the Wire

A Dramatic Reading of Scenes from Sophocles' **AJAX**
A new version by Bryan Doerries

Photo by Paxton Winters

Photo by Paxton Winters

Theater of War is an innovative public health project that presents readings of ancient Greek plays as a catalyst for town hall discussions about the challenges faced by service members, veterans, and their caregivers and families today. Using Sophocles' plays to forge a common vocabulary for openly discussing the impact of war on individuals, families, communities, these events are aimed at generating compassion and understanding between diverse audiences. Each performance is followed by community panelist remarks and a facilitated town hall discussion.

→ DATE: **Thursday November 12, 2015**
→ TIME: **7:00 - 9:00pm**
→ LOCATION: **Bangor Opera House 131 Main Street**

ADMISSION IS FREE. SEATING IS LIMITED
To reserve your free tickets please email: theaterofwar@penobscottheatre.org or call the box office at 207.942.3333

TRANSLATED, DIRECTED & FACILITATED BY **BRYAN DOERRIES** PRODUCED BY **PHYLLIS KAUFMAN**

To become a part of Theater of War, host a performance in your community, support our efforts, continue the discussion online, or for additional information, please contact Bryan Doerries, Artistic Director, or Phyllis Kaufman, Producing Director at info@outsidethewirellc.com
Visit www.outsidethewirellc.com and www.facebook.com/TheaterofWar

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